Torrential tornado remembered

Regina reflects on the 100th anniversary of Canada's most devastating tornado, which killed 28 people, left 2,500 homeless and caused more than $1 million in damage PAGE 2

NEW SEASON IN BO'S BOOTS

ANNA SILK SLIPS WITH EASE BACK INTO HER ROLE IN LOST GIRL PAGE 11

REGINA metro®

Monday, June 25, 2012

News worth sharing.

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Regina Riot geared up to beat the rivals

Victory. The Riot slam the Winnipeg Nomads 25-7 Sunday, to advance to the eastern finals where they will come head-to-head with the Valkyries

JEFF MACKEY
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In Prairie Conference Semi-final action on Sunday at Mosaic Stadium, Taylor Field, the Regina Riot came out victorious over the Winnipeg Nomads.

The win advances the Riot to the WWCFL Prairie Conference Finals against the Saskatoon Valkyries on July 8 in Saskatoon.

The Riot's commanding 25-7 win over the Nomads exemplifies the steady improvement in the team's game since the beginning of the season. Both the offence and defence were clicking and costly errors were kept to a minimum.

"Consistency, it's something that we have worked all season on," said Riot head coach John Baxter. "We played as consistent of football as I have seen this season and it has given us a shot in the eastern finals against Saskatoon."

Saskatoon will be a much tougher challenge for the Riot. The undefeated Valkyries are the Riot's biggest rival and Regina is looking to beat them on their own turf.

"We have more success every time we play them, the deficit keeps getting smaller and smaller," said Baxter. "You know the last 24 minutes of the last game we absolutely dominated, so if we can start like that right from the first whistle we will have a much better chance of making it to the league final."

More than advancing to the final, beating the Valkyries would be a great morale boast for the Riot. The team wants to prove that it can play at the same level as its neighbours to the north.

"It would be super big for the veterans who have been here since last year and survived the growing pains to see the fruit of their labour," said Baxter. "The league championship is in Saskatoon and we have a chance to go there and spoil their party, you know, steal their dressing room. It is something the girls are truly looking forward to."

Teamwork

"We have more success every time we play them (the Valyries), the deficit keeps getting smaller and smaller."
Riot head coach John Baxter

Follow Jeff Mackey on Twitter @MetroJeffMackey

Regina Riot running back Mallory Starkey is chased by Winnipeg Nomads defenders at Taylor Field Sunday. The Riot went on to beat the Nomads 25-7, advancing to the Prairie Conference Finals on July 8. JEFF MACKEY/METRO

Reigns seized in Egypt

Islamist Mohammed Morsi was declared the winner Sunday in Egypt's first free presidential election PAGE 3

Italy's secret? Penalty kicks

Italy passes through to Euro 2012 semifinals with a 4-2 win in a shootout, following a 0-0 tie with England PAGE 17

Cobb it on the grill

Try grilling Cobb salad toppings PAGE 14

1 NEWS

On the web

True brew

Coffee lovers are all too familiar with that satisfying moment — the first sip of a freshly brewed cup — but for the lead coffee taster at Tim Hortons, that borderline euphoric sensation has become a lifestyle. Go to metronews.ca to find out how Tim Hortons makes its signature cup of joe.

Mobile news

At unconventional get-togethers, hosts ask guests to submit a slept-in T-shirt that will be smelled by other participants. Then, voila! You can pick your partner based on scent. Scan the code to find out how you can sniff out your true love.

Regina resident grew up hearing about tornado

The Regina Tornado. Remembering stories of the day in 1912 the most devastating tornado in Canadian history touched down

CARRIE-MAY SIGGINS
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The Regina Tornado, which hit on June 30, 1912, devastated large sections of the city. CONTRIBUTED

In the early evening of June 30th, 1912, Helen Pinder was tending to her daily cleaning duties at the rooming house where she stayed, when a co-worker yelled for her to run to the basement. When Helen hesitated and asked why, she was told a fierce storm was coming. It was one of the only times in her life that the 20-year-old secretarial student did what she was told, and her daughter June is happy for it.

Minutes later, the most devastating tornado in Canadian history touched down on Helen's home.

The Regina Tornado, which marks its 100-year anniversary this week, measured an F5 on the Fujita scale. F6 is the highest the scale goes. In the five minutes it took for the tornado to cut its path northwards through the city, 28 people died, 2,500 were left homeless, including Helen, and more than $1 million in property damage was incurred. The Central Library, the YWCA and the premier's house were among the buildings that were laid to waste.

Regina resident June Probyn grew up listening to her mother's story about being in the eye of the tornado. Probyn says that her mother would describe the deafening roar that descended on them. "It was all they could hear. Everyone was crying and scared," says Probyn. She says that when the group resurfaced out of the basement, there was nothing left of the building.

"When they got up they were dumbfounded because their whole house was gone. It made an awful mess."

It was a mess that Regina residents, who numbered more than 30,000 by 1911, had to band together to clean up.

"What occurred on June 30, 1912 is unimaginable and it is incredibly valuable for us as a community to reflect on what happened that day and to access the incredible stories of human caring and courage that helped to recover and rebuild our young city," stated Audrey Price, executive director of the Regina Warehouse District, in a release.

This moment in the city's history will be commemorated by events that will run throughout the week.

Tornado events

- **Tuesday, June 26:** There will be a Whirlwind Tour of the downtown area from 6-8:30 p.m.
- **Wednesday, June 27:** The Spiraling Forces Festival kicks off at 11 a.m. with the Red Shoes Project.
- **Saturday, June 30:** The Red Shoes Project starts the anniversary off at 10:30 a.m. with remarks by Mayor Pat Fiacco and an actor portraying the mayor in 1912, followed by a short performance by the Regina Summer Stage, a bell toll for each of the lives lost, and the unveiling of a commemorative cairn in Victoria Park. At 11:30 a.m., the Art Walk/Ride/Bike Tour begins.

NHL draft picks. Seven Saskatchewan-born players make the grade

Regina-area hockey darlings Ryan Murray and Graham Black were among the seven Saskatchewan-born players drafted to the NHL on Friday.

Murray, originally from White City, was drafted with the second overall pick to the Columbus Blue Jackets.

Murray was a favourite at the draft this year. There were rumours that a number of NHL teams had him on their shortlists, including the Edmonton Oilers and the Toronto Maple Leafs.

Rookie scores

9th

In the 2011-12 season, Graham Black had tied ninth for scoring for all rookies in the WHL.

Having just completed his first full season with the Swift Current Broncos, Graham Black was selected as the New Jersey Devil's first fifth-round pick.

JANE CAULFIELD/FOR METRO

Regina gets set for street hockey tourney

Eighty-nine teams signed up for CBC's Play On! Regina street hockey tournament this weekend at the Southland Shopping Centre, the biggest of its kind in Canada. The players ranged from under seven years old to 19-plus, and competed to be a part of the finals on Sunday to win prizes. Four teams in the 19+ Elite Division fought it out to qualify for the National Championships in Niagara, Ont., this September. CARRIE-MAY SIGGINS/METRO

Islamist Morsi wins Egypt's first free election

Tahrir Square. Selection of Muslim Brotherhood candidate met with joy, skepticism

Islamist Mohammed Morsi was declared the winner Sunday in Egypt's first free presidential election in history, closing the tumultuous first phase of a democratic transition, and opening a new struggle with the still-dominant military rulers who recently stripped the presidency of most of its powers.

In Tahrir Square, the birthplace of the uprising that ousted autocratic president Hosni Mubarak, joyous Morsi supporters wept and kneeled on the ground in prayer as soon as they heard the outcome announced on live television. They danced, set off fireworks and released doves in the air in celebrations not seen in the square since Mubarak was forced out on Feb. 11, 2011.

Many are looking now to see whether Morsi will try to take on the military and wrestle back the powers they took from his office just one week ago.

"I pledge to be a president who serves his people and works for them," Morsi said on his web page. "I will not betray God in defending your rights and the rights of this nation."

Left on the sidelines are the liberal and secular youth groups that drove the uprising against Mubarak, left to wonder whether Egypt has moved towards becoming an Islamist state. THE ASSOCIATED PRESS

Road to recovery

"The revolution passed an important test. But the road is still long."

Yasser Ali, Mohammed Morsi's campaign spokesperson

Egyptian protesters celebrate the victory of Mohammed Morsi in Tahrir Square in Cairo Sunday. KHALIL HAMRA/THE ASSOCIATED PRESS

NATO. Ambassadors to mull response after Syria shoots down jet

NATO ambassadors will discuss this week whether to respond to Syria's downing of a Turkish jet in what Turkey insists was international airspace, although the likelihood of any military action by the alliance is low. The plane's downing has further hiked regional tensions over the conflict in Syria, where some 40 people were said to have died Sunday in new clashes between rebels and regime forces.

The jet's wreckage was found in the Mediterranean at a depth of 1,300 metres, Turkish state media reported Sunday. The two pilots remain unaccounted for.

Turkish Foreign Minister Ahmet Davutoglu said the jet was on a training flight to test Turkey's radar capabilities, not spying on Syria. He said the plane mistakenly strayed into Syrian airspace Friday, but was quickly warned to leave by Turkish authorities and was a mile inside international airspace when it was shot down off the coast of Latakia.

Syria insisted Saturday that the shooting was "not an attack" and that the aircraft had violated its airspace. But Turkish authorities say Syria didn't warn the Turkish plane nor send its own jets to confront it.

Deja vu?

In October 1989, two Syrian MiG-21s violated Turkish airspace and shot down a Turkish plane on a geographical survey mission, killing all five crew members. Syria at the time promised to severely punish the pilots, who disregarded Turkish orders not to enter Turkish airspace.

Turkish Prime Minister Recep Tayyip Erdogan was expected to make a statement Tuesday and might announce some retaliatory steps.

"No one should dare to test Turkey's capabilities," Davutoglu said Sunday.

Meantime, at the request of Turkey, NATO's governing body will meet Tuesday to discuss the incident, said Oana Lungescu, a NATO spokeswoman.

Despite some opposition leaders' calls for Western military intervention in Syria, the United States and allies have been hesitant to get involved in what could prove a protracted conflict, preferring the diplomatic route. THE ASSOCIATED PRESS

Anti-regime unrest

Sudan security forces crack down on protesters

Sudanese security forces used tear gas to break up anti-regime demonstrations in Khartoum on Sunday, opposition figures said, as the government vowed to press ahead with economic austerity measures that set off a wave of unrest last weekend.

In messages broadcast by the Sudanese state media, the regime threatened "stern measures" against the protests, which first targeted the austerity moves but have expanded to include calls for the ousting of longtime President Omar al-Bashir.

Several hundred students gathered at Khartoum University, where the demonstrations started eight days ago, said Kamal Omar of the Popular Congress Party. He said pro-government "militias" attacked them. Other opposition figures said police fired tear gas and arrested dozens of students.

The official SUNA news agency reported late Saturday that authorities instructed police to "deal sternly with saboteurs."

Protesters reject a government austerity plan that slashed subsidies and doubled the price of fuel and food. THE ASSOCIATED PRESS

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Smoke hovers above Garden of the Gods park near Colorado Springs on Saturday. BRYAN OLLER/THE ASSOCIATED PRESS

Colorado fires demolish homes, threaten tourism

Eight wildfires burning. Half the U.S. firefighting fleet is battling blazes in Colorado, says the state's governor

Wildfires moved in on some of Colorado's most popular summer tourist destinations over the weekend, demolishing nearly two dozen homes near Rocky Mountain National Park and emptying hotels and campgrounds.

A wildfire near Colorado Springs erupted and grew out of control to more than eight square kilometres early Sunday, prompting the evacuations of more than 11,000 residents and an unknown number of tourists. And on Saturday, a blaze destroyed 21 structures near the mountain community of Estes Park, where many visitors stay while visiting the national park.

Half the nation's firefighting fleet is now battling fires in Colorado, said Colorado Gov. John Hickenlooper. He said military support in the form of C-130 military transport planes from Peterson Air Force Base in Colorado Springs would begin assisting on Monday.

With eight wildfires burning, including a fire that has scorched more than 305 square kilometres and destroyed at least 191 homes near Fort Collins, Colorado is having its worst wildfire season in a decade.

"People recognize this is going to take a big push" to extinguish, Hickenlooper said Sunday from a Colorado Springs grocery store, where volunteers were passing out burritos, sandwiches and drinks to 350 firefighters.

All of this came just a week before Independence Day on July 4, a key time for family vacations to national parks and other destinations. A statewide ban on open campfires and private fireworks has been in place for more than a week. Summer travellers have seen some of their favourite sites closed, obscured by smoke.

Families planning whitewater rafting trips were instead passing out bottled water and setting up cots in an evacuee centre.

The wildfire near Rocky Mountain National Park destroyed vacation cabins and closed the most commonly used entrance to the park. Clouds of smoke blew toward the 102-year-old Stanley Hotel that inspired Stephen King to write The Shining.

Elsewhere in the U.S. West, firefighters made progress against wildfires in Utah, New Mexico and California.

THE ASSOCIATED PRESS

'We're not used to this'

"We're used to flooding and tornadoes, nothing like this."

Amanda Rice, who left a Manitou Springs hotel late Saturday with her husband, four children and dog

Paraguay. Lugo denounces ouster as president, asks backers to keep peace

Fernando Lugo emerged early Sunday to denounce his ouster as Paraguay's president as a "parliamentary coup" and a "foreordained sentence" that was not based on proper evidence.

Lugo said his truncated presidency was targeted because he tried to help the South American nation's poor majority. Asked whether he had any hope of retaking office, Lugo exhorted his followers to remain peaceful but suggested that national and international clamour could lead Paraguayan lawmakers to reverse his impeachment.

"In politics, anything is possible," said Lugo, who termed the Senate's sudden vote to remove him a coup by political trial.

He also said that Roman Catholic bishops visited him before Friday's Senate trial for alleged poor performance of duties, and he agreed to accept the outcome of a process he considered illegitimate only to avoid bloodshed.

Lugo spoke in a pre-dawn special televised "open microphone" program hosted by a state-funded public television channel that was created by his government. As Saturday turned into Sunday, a long line of speakers queued up in front of the station's headquarters to vent their frustration over what they called an institutional coup, calling for strikes and protests to demand his return.

"We will not recognize any other president," chanted the crowd of at least 200 people, waving Paraguayan flags and bundled up against the Southern Hemisphere winter.

THE ASSOCIATED PRESS

Fernando Lugo THE ASSOCIATED PRESS

Show us the money

Police demanding salary increases shout slogans on the roof of a police internal-affairs building that was sacked and had its contents burned in La Paz, Bolivia, on Sunday. A mutiny by rank-and-file Bolivian police demanding higher wages spread across the nation on Friday, with an estimated 4,000 officers occupying barracks.

JUAN KARITA/THE ASSOCIATED PRESS

Nigeria

Alleged church bomber dies, now hailed as a martyr

A top radical Islamist sect member blamed for a deadly Christmas Day church bombing in Nigeria has been killed by security forces, says the sect, which demonstrated in a prison break Sunday that his death has not affected its ability to keep fighting.

A statement attributed to the Boko Haram sect and obtained Sunday by The Associated Press said the group is happy about Habibu Bama's "martyrdom."

Bama, a former soldier, died after sustaining injuries from a gun battle between security forces and the sect in the northeastern city of Damaturu earlier this week, Nigeria's State Security Service said.

The battle occurred from Monday to Tuesday as authorities fought back against the sect that struck six churches, five primary schools, a police station and a police outpost, authorities said.

THE ASSOCIATED PRESS

Minorities shut out of power in Iraq: Cleric

Resignation call.
Al-Sadr will instruct his lawmakers to deliver a no-confidence vote for prime minister Nouri al-Maliki

The Iraqi cleric whose followers are a swing vote in the nation's ongoing government crisis said Sunday that the prime minister should resign if he cannot produce reforms.

In a rare and wide-ranging press conference, hardline Shiite cleric Muqtada al-Sadr admonished the Shiite-led government, saying it has shut Iraq's minorities out of power and failed to fix legal systems and other public services.

As a result, and to jumpstart the nation's all but paralyzed government, al-Sadr said he is prepared to direct his party's 40 lawmakers to support a no-confidence vote against Prime Minister Nouri al-Maliki — so long as he is assured other political blocs in parliament provide the rest of the 163 votes needed.

His declaration delivers a sharp blow to al-Maliki's efforts to hold on to power.

The dispute calls into question the future of Iraq's fledgling democracy.

THE ASSOCIATED PRESS

Back story

Al-Sadr has flirted with the prospect of abandoning Maliki for months. The two men have a bitter personal history, going back to when government forces targeted al-Sadr's militia at the peak of the 2006-08 sectarian fighting that almost pushed the country into civil war.

- Also Sunday, an Iraqi press freedom group condemned authorities for ordering the closure of 44 news organizations, including a U.S.-funded radio station. The country's media commission said it was only targeting unlicensed operations.

In Britain, it's rain, rain, rain

Stiff upper lip! Revellers walk through the muddy campsite at the Isle of Wight music festival, after heavy rains turned the site into a mudbath Sunday. And Britain was braced for more rain: June is to be one of the wettest months in 100 years. PETER BYRNE/THE ASSOCIATED PRESS

Election-year politics

Republican admits no evidence of coverup

The U.S. Congress doesn't have any evidence so far of a White House coverup involving the botched "Fast and Furious" gun-tracking operation along the Mexican border, a top Republican said Sunday.

The assertion by Rep. Darrell Issa, chairman of a Congressional committee that has been investigating the operation for more than a year, ran counter to House Speaker John Boehner's claim that President Barack Obama or his aides deliberately misled lawmakers.

"No we don't," Issa said in response to a question on Fox News Sunday about whether lawmakers had proof now to back Boehner's claim. The dispute has turned into a political fight.

THE ASSOCIATED PRESS

Animal-cruelty allegations

Cops on Magnotta's trail before Lin murder

Police were hot on Luka Rocco Magnotta's trail just weeks before he allegedly killed and dismembered university student Jun Lin, according to a former landlord.

Canadian law enforcement had tracked the 29-year-old porn actor and stripper to a Montreal apartment building as recently as March, says Magnotta's former landlord.

He said a police detective phoned asking about Magnotta. But the query came too late, Magnotta had moved out about two weeks earlier.

While they never explained why they were calling, Toronto police have stated that they had already been investigating Magnotta on allegations of animal cruelty for more than a year.

THE CANADIAN PRESS

A woman checks out the damage after a roof collapsed at the Algo Centre Mall in Elliot Lake on Saturday. The partial collapse prompted a local state of emergency and a search for anyone who might have been injured in the cave-in.
CORA RICHER/THE CANADIAN PRESS

Rescue team looks for roof collapse victims in mall

Elliot Lake. Police hindered in search by unsafe conditions

At least two people were trapped in a labyrinth of twisted metal and heavy concrete slabs as crews worked around the clock to stabilize the scene of a roof collapse at a mall in the northern Ontario city of Elliot Lake on Sunday.

Officials suspect one of those imprisoned "could be a casualty," but they said it would take until early Monday morning before the structure was deemed safe enough for search and rescue teams to go in.

Ontario Provincial Police said images of the Algo Centre Mall's partially collapsed roof, which also served as a parking lot, showed a hand and a foot in the dusty debris.

"We have obtained some visual information relating to a visual of a hand and a foot which is our grounds for the suspected casualty in this case, we cannot confirm the identity," said provincial police Insp. Percy Jollymore.

"The location is such that we cannot approach it at this time."

Officials also said they heard some taps coming from behind fallen slabs of concrete and metal.

"Some of our search members this morning heard a couple of taps," said Bill Needles, a spokesman from the Heavy Urban Search and Rescue team which travelled from Toronto.

"They called for a quick silence on the site and there was a couple more taps. That was an indication to us that we were dealing with a rescue," he said.

"We then turned our whole efforts towards trying to locate this individual. There was no verbal, there was no sight, we have no idea if it's male, female, what age, it was just a tap."

Needles said crews drilled through a wall in an attempt to locate the victim but weren't able to find anyone. At that point crews found the site was too unstable to send in rescue workers.

The operation is still a rescue mission, though, and officials said they're still hoping to find people alive.

"We're believing that they're still there and still alive," Needles said.

Police said at least nine people remained unaccounted for, but insisted that number was fluctuating as some of those reported as missing had been located and others — who hadn't been heard from — were added to the list.

"The problem with this is there's no precise science, we don't know who was in the mall when it collapsed," said Jollymore. "We won't stop until the list has been satisfied."

The roof of the mall came crashing down through two floors just before 2:30 p.m. on Saturday. The collapse left behind a gaping hole, downed hydro lines and triggered a gas leak. THE CANADIAN PRESS

Three missing after freight train collision

Three Union Pacific Railroad crewmembers were missing after two freight trains collided Sunday in Oklahoma.

An eastbound train carrying vehicles and a westbound train crashed about 10:08 a.m. Sunday near Goodwell in western Oklahoma, Union Pacific regional spokeswoman Raquel Espinoza said. A two-person crew was aboard each train, and officials were unable to account for two engineers and a conductor, Espinoza said.

The other conductor appeared to be uninjured, and officials were interviewing him about what happened, she said.

"He's shaken up about the situation, and we are working to make sure that he receives any care that he needs. We're doing everything we can to find the rest of the crew," Espinoza said.

The westbound train had three locomotives and 80 railcars that were carrying motor vehicles, she said. Two of that train's locomotives and a locomotive from the eastbound train caught fire after the collision, she said.

One train was hauling a resin solution, but Espinoza said that load wasn't on fire and was doused with water as a precaution.

Firefighters were working to extinguish the blaze, which was burning in a sparsely populated area of the county, Texas County Emergency Management Director Harold Tyson said. No evacuations have been ordered, he said.

"It's still burning. I'm afraid we're going to be here for a while," Tyson said.

Firefighters were struggling to stay hydrated as temperatures climbed past 38 C, but no injuries to emergency workers had been reported, Tyson said.
THE ASSOCIATED PRESS

Smoke rises from two cargo trains that collided two miles east of Goodwell, Okla. on Sunday. TRUDY HART/THE GUYMON DAILY HERALD/THE ASSOCIATED PRESS

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Madoff victims awarded $405 million

A settlement announced Sunday will bring $405 million to victims of Bernard Madoff's historic investment scam, the New York state attorney general said.

The clients of hedge fund manager J. Ezra Merkin will receive $405 million, and New York state will get $5 million to cover the cost of the settlement worked out by Attorney General Eric Schneiderman.

The victims include New York Law School, Bard College, Harlem Children's Zone, Homes for the Homeless and the Metropolitan Council on Jewish Poverty.

Schneiderman called the agreement "a victory for justice and accountability."

"Many New Yorkers entrusted their investments to Mr. Merkin, who then steered the money to Madoff while receiving millions of dollars in management and incentive fees," Schneiderman said. "By holding Mr. Merkin accountable, this settlement will help bring justice for the people and institutions that lost millions of dollars."

Merkin's attorney, Andrew J. Levander, didn't immediately respond to a request for comment Sunday.

Merkin had managed investments for hundreds of investors in four funds: Ariel Fund Ltd., Gabriel Capital L.P., Ascot Fund Ltd. and Ascot Partners L.P. Schneiderman said many of the investors are New York residents and charitable organizations. Many of them requested not to be identified.

Most investors will get more than 40 per cent of their losses, but only up to $5 million.

Those who lost more could see additional payments.
THE ASSOCIATED PRESS

Harper irks Parti Quebecois — again

PM Stephen Harper points during his speech as he celebrated St-Jean-Baptiste Day, Sunday in St-Narcisse-de-Beaurivage, Que. CLEMENT ALLARD/THE CANADIAN PRESS

Secret meetings. The Conservatives affirm willingness to work with Quebec, after secret meetings exposed

Prime Minister Stephen Harper's Quebec lieutenant says the Conservatives are prepared to work with whoever is in power in the province — including the sovereigntist Parti Quebecois.

Industry Minister Christian Paradis says the Harper government and Quebec have common interests and would find common ground if the PQ won the next provincial election.

The PM's chilled relationship with Quebec has been under increased scrutiny since The Canadian Press revealed his recent secret meetings in Montreal with former prime minister Brian Mulroney and Liberal Premier Jean Charest.

Harper went to them for advice on the national unity issue, which some fear could rise again if the Parti Quebecois unseat Charest's unpopular Liberals.

Harper and Paradis were at a celebration near Quebec City yesterday for the province's annual Fête nationale.

The Conservatives are trying to revive flagging Tory fortunes in Quebec, where the party won just five of 75 federal seats in the last election.

Charest confirmed to reporters today that he had met Harper recently, but wouldn't say what about. He said Quebecers would have a chance to give feedback on the Conservative government's performance when they vote in the next federal election.

NDP Leader Tom Mulcair called the meeting with Mulroney another sign that Harper is out of touch with Quebecers — and hasn't made efforts to reach out like his party has.

THE CANADIAN PRESS

U.S. East Coast. Sea level rising at alarming rate

Sea levels are rising much faster along the U.S. East Coast than they are around the globe, putting one of the world's most costly coasts in danger of flooding, government researchers report.

U.S. Geological Survey scientists call the 965-kilometre swath a "hot spot" for climbing sea levels caused by global warming. Along the region, the Atlantic Ocean has been rising at an annual rate three to four times faster than the global average since 1990, according to the study published Sunday in the journal Nature Climate Change.

It's not just a faster rate, but at a faster pace, like a car on a highway "jamming on the accelerator," said the study's lead author, Asbury Sallenger Jr., an oceanographer at the agency. He looked at sea levels starting in 1950, and noticed a change beginning in 1990.

Since then, sea levels have gone up globally about five centimetres. But in Norfolk, Va., where officials are scrambling to fight more frequent flooding, sea level has jumped a total of 12.19 centimetres, the research showed. For Philadelphia, levels went up 9.4 centimetres, and in New York City, it was 7.11 centimetres.

Climate change pushes up sea levels by melting ice sheets in Greenland and west Antarctica, and because warmer water expands.

Computer models long have projected higher levels along parts of the East Coast because of changes in ocean currents from global warming, but this is the first study to show that's already happened.

By 2100, scientists and computer models estimate that sea levels globally could rise as much as 1.01 metres. The accelerated rate along the East Coast could add about 20 centimetres to 28 centimetres more, Sallenger said.

"Where that kind of thing becomes important is during a storm," Sallenger said. That's when it can damage buildings and erode coastlines.

On the West Coast, a National Research Council report released Friday projects an average nearly one-metre rise in sea level in California by the year 2100, and 0.61 metres in Oregon and Washington. The land mass north of the San Andreas Fault is expected to rise, offsetting the rising sea level in those two states.

The USGS study suggests the Northeast would get hit harder because of ocean currents. When the Gulf Stream and its northern extension slow down, the slope of the seas changes to balance against the slowing current. That slope then pushes up sea levels in the Northeast. It is like a see-saw effect, Sallenger theorizes.

Margaret Davidson, director of the Coastal Services Center for the National Oceanic and Atmospheric Administration in Charleston, South Carolina, said the implications of the new research are "huge when you think about it. Somewhere between Maryland and Massachusetts, you've got some bodaciously expensive property at risk." THE ASSOCIATED PRESS

By the numbers

1.01 m

Scientists estimate that sea levels could rise as much as 1.01 metres by 2100.

New duty-free rules to draw more Canadian cross-border shoppers

Survey numbers. Majority polled said they planned to spend more while stateside, but the changes have been criticized by Canadian shop owners

Canadians are in a U.S. shopping state of mind this summer thanks to changes in regulations that allow them to buy more without paying duty, a new survey suggests.

The Canadian Press-Harris Decima poll on relaxed cross-border shopping limits that went into effect June 1 found a large majority in favour of the changes — and 54 per cent of those planning a trip stateside said they intended to spend more.

Additionally, four in 10 said they were likely to purchase more duty-free goods.

The telephone survey of 1,000 was conducted between June 14 and 18 and is considered accurate plus or minus 3.2 percentage points, 19 times out of 20.

As outlined in the March budget, the duty-free threshold on stays longer than 24 hours rose to $200 from $50 beginning this month.

The limit on stays longer than 48 hours increased to $800 from the current two-tiered levels of $400 and $750, depending on the length of stay.

In the poll, seven in 10 Canadians said they supported the higher duty-free limits, and eight of 10 of vacationers to the U.S. backed the changes.

The changes have been criticized by the Retail Council of Canada as just one more blow to merchants who cope with higher costs and must compete with U.S. competitors that often get a better deal from suppliers.

With the new rules in place for a little more than three weeks, it is still too early to determine if Canadians have stepped up their shopping habits, said Karen Proud of the Retail Council. But she believes there will be an impact on retailers.

Economic impact

"Cross-border shopping tends to be downplayed by officials and the impact on the Canadian economy, but I do think it's quite significant."

BMO economist Doug Porter, who says today's shoppers would likely realize somewhat fewer savings because the loonie has dropped below parity in recent weeks.

A comparison study published by the Bank of Montreal in April estimated that Canadian store owners lose about $20 billion a year to cross-border shopping, although with many shoppers not reporting purchases, the exact worth of cross-border shopping is difficult to calculate. THE CANADIAN PRESS

Breastaurants becoming a booming niche

Valerie Chaira carries lunch from the kitchen at the Tilted Kilt, in Tempe, Ariz., in this May 16 file photo. The Tilted Kilt is part of a booming niche in the beleaguered restaurant industry known as breastaurants, or sports bars that feature scantily-clad waitresses. These small chains operate in the tradition of Hooters, which pioneered the concept in the 1980s but has struggled in recent years to stay fresh. The United States' top three "breastaurant" chains behind Hooters each had sales growth of 30 per cent or more last year, according to Technomic, a food-industry research firm. They still represent less than one per cent of the nation's top restaurants, but the upstart chains are benefiting as other mid-priced options like Applebee's and Bennigan's have experienced declines during the economic downturn. Instead of relying on lust alone, the new crop of restaurants is growing by offering new themes (think: rustic lodges and Celtic pubs) and varied menus (think: pot roast and shepherd's pie instead of just burgers and wings). In other words, they're hoping maybe people really are coming in for the food. MATT YORK/THE ASSOCIATED PRESS

Oversight. Feds reject economist's anti-crisis prescription

The Harper government has firmly rejected a McGill University economist's prescription for surviving the next financial meltdown.

A newly released briefing note shows Christopher Ragan's proposal to strengthen oversight of the Canadian economy went all the way to Stephen Harper, himself a former economist.

The distinguished economist said a high-level Finance Department group, known as the senior advisory committee, needs to be restructured to give the governor of the Bank of Canada more input and to ensure the Canada Mortgage and Housing Corp. is a permanent member.

Ragan says the non-legislated body served Canada well during the 2008-09 global meltdown, but may be blind to the next financial disaster — and the country should not become complacent because of past success. A Feb. 22 memo to Harper shows the suggestion was given serious consideration — but ultimately rejected in favour of the status quo.

The McGill professor says he's not surprised about the government's inaction, given that Canada survived the 2008-2009 crisis in relatively good shape.

"I'm concerned about the potential in a world that's a lot uglier than what we went through," he said in an interview from Montreal. "What I worry about is 10 years down the road."

THE CANADIAN PRESS

Personal information

Facebook signs mobile app privacy agreement

Facebook became the seventh company to agree to give people advance warning if its mobile applications pull personal information from mobile phones and tablet computers.

California Attorney General Kamala D. Harris said Friday that the agreement includes Facebook's own applications, as well as those made by third parties in its recently launched App Center. The agreement requires mobile apps seeking to collect personal information to display their privacy policies before their app is installed on a device.

THE ASSOCIATED PRESS

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HARD TRUTH COMES OUT DURING COMMISSION'S VISIT

URBAN COMPASS
Paul Sullivan
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I have to be very careful when writing about this.

"This" is the Truth and Reconciliation Commission's visit to Saskatchewan this weekend, an attempt to seek the truth about the 20,000 Saskatchewan aboriginal people who were rounded up and sent to residential schools throughout the 20th century.

The last residential school closed down in 1996, ending the darkest chapter of our history. But it's not really over as it will take First Nations generations to overcome the impact these concentration camps had on their people, if they ever do.

I have to be very careful, because I have no idea what it's like.

To be a child, forcibly removed from my home and family and sent to a place where they won't let me speak my native language and call me a savage.

Where I'm forced to watch as priests and ministers fill their bellies with good food and fresh fruit while I'm forced to eat crummy oatmeal.

Where I am forced to thank Jesus for giving me an education even though I'm a savage or a squaw. Even though that education trains me only to be a servant of my masters.

Where I'm beaten and sexually abused by some monster pretending to be a holy man and there's nothing I can say, no one who will help me.

Where I am sterilized.

Where I die from that beating or tuberculosis or infection and am buried in an unmarked grave only to be dug up some day as a sad little pile of bones and buttons.

Residential schools

You know it's true, because the Truth and Reconciliation Commission's vast research and documentation says it's true, but most of all because real people who were taught to feel shame for the abuse and torture they suffered could not make any of this up.

See why I have to be careful? If any of this had happened to me or my family or other members of my family, how could I ever become reconciled and move on?

These nice people come to my community and apologize and offer compensation, and a respectful audience, yet this is the kind of atrocity that calls out for 1,000 years of vengeance.

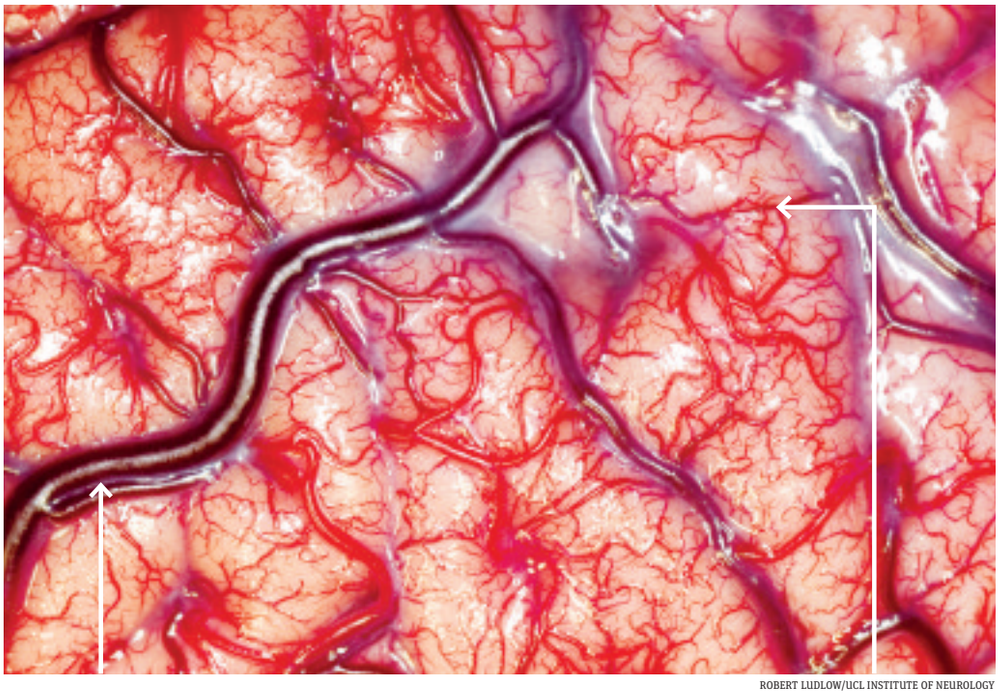
How could I ever be reconciled? How could I ever forget or forgive?

Yet, that's what's happening. The Survivors come out of the shadows and tell their stories, hair-raising, tragic, horrifying and true. You know it's true, because the Truth and Reconciliation Commission's vast research and documentation says it's true, but most of all because real people who were taught to feel shame for the abuse and torture they suffered could not make any of this up.

Yet many are prepared to become reconciled, to move on, to be healed. Perhaps even to forgive.

What right do we have, what have we done, to deserve such a miracle in our midst?

It's all in your head



ROBERT LUDLOW/UCL INSTITUTE OF NEUROLOGY

Photography awards

Image of living brain wins contest

A close-up shot of a living human brain has been announced as the overall winner in this year's Wellcome Image Awards, a prestigious competition that celebrates medical photography.

Taken during a surgical procedure to treat a patient with epilepsy, the image shows "the beauty and fragility of this enigmatic organ," a Wellcome spokesperson says.

METRO

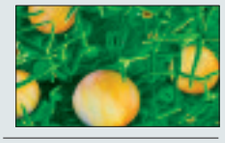
Official's viewpoint

"Here you can see the vibrant richness of colour you'd never see when the brain is hidden inside our skulls or when it's dead in a jar."

Catherine Draycott, head of Wellcome Images and a member of the judging panel

Cerebral photography

- **Judge's description.** "The arteries are bright scarlet with oxygenated blood, the veins deep purple and the 'grey matter' of the brain a flushed, delicate pink," judge Prof. Alice Roberts said.
- **How the photo was shot.** Taken before an 'intracranial electrode recording procedure', in which a flexible electrode grid was placed on the brain's surface for two weeks to monitor its activity. The surgeon then used the recordings to find problem areas of the brain to be removed.



- **Medical photography.** Photographers have to work around medics with no control over lighting, etc. "The conditions are controlled for the surgeon, not the photographer," Draycott notes.
- **Secret to success.** Draycott points to the "easily identifiable human factor" as key to the winning image. Other images included close-ups of a moth fly and a lavender leaf (pictured).

Worth mentioning

'It's not about quality anymore,' former ecstasy dealer says

More than a decade after closing his do-it-yourself ecstasy shop, Kevin, whose name has been changed as a result of his request not to be identified, was among the first to introduce the popular rave drug to Calgary.

After one incident where some of his customers got sick, he pledged to always try the product first.

Now, he turns up his nose at today's black-market ecstasy. Police say the colourful array of candy-like pills sell for as low as a few bucks, and are pumped out by gangs often thousands at a time.

"Everyone and their dog can buy (the pressed pills). You can buy a press online. Anybody can do it. It's not about a designer drug anymore, it's not about the quality anymore," Kevin said.

"They're pink and they're purple and they're green and it's like, what the hell are you hiding?"

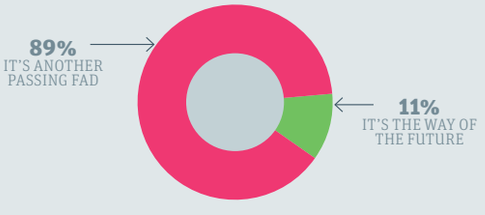
He said today's drug pushers don't care what they're selling or who they're selling it to — all that matters is the money.

THE CANADIAN PRESS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What do you think of Pinterest?



Twitter

@cmatsyk: #Riders look to be a good team this year. I think the first third will be a bit dicey. Second third .500 then last third we will pick it up.

@ATU588: RT @ThePloughboy: An important message from @canadogreg regarding some incredibly nasty weather heading toward Regina this week http://t.co/wawuwwC2

@deezwoz: Ok now that the roster's been set, maybe the @sskroughriders will update the practice schedule. (some of us need to plan our lives). :D

@RyanDalrymple: RT @murraylp: @ArashMadani Not much time for the big guy to prove himself. #cfl, #riders

metro
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Anna Silk plays Bo, the heroine of Lost Girl. HANDOUT

Anna Silk stays smooth in her role as Lost Girl's Bo

Third season. Actress had her doubts about playing a 'sex creature,' but now is excited to further explore the world of the Fae

STEVE ERAMO
scene@metronews.ca

There is some tension this particular Thursday afternoon in May on the Toronto set of Lost Girl, but happily it is all of a fictional nature. Our heroine, Bo, who has been injured and looking none-too-well, is having a difficult time trying to convince her crime-fighting allies that they need to change strategy when it comes to catching the baddie of the week.

She finally succeeds in persuading her ex-lover and police detective Dyson to go along with her plan, much to the chagrin of his colleague.

"Cut! That was great," says director Ron Murphy.

This above scene is from one of the hit supernatural show's third season episodes. For those unfamiliar with Lost Girl, the series follows the adventures of Bo, a Succubus (a supernatural being who feeds off the sexual energy of others) and member of a race of uber-humans known as Fae.

Having walked in Bo's leather boots for two seasons and now a third, actress Anna Silk is a perfect fit for the role, even though she initially had some doubts about the project.

"When I originally received the (pilot) script, I read the tagline for it, which was something like, 'Supernatural sex creature who needs sex to survive,' and I thought, 'Yeah, right. What the heck is this?' recalls Silk. "Then, however, I read the script, which was written by (series creator/executive producer) Michelle Lovretta, and discovered that she wrote this really complex, cool, female lead character who is a sexual creature but in the most vulnerable sort of way."

Although it aired halfway through the show's first season, episode eight was, in fact, Lost Girl's pilot episode and the first thing ever filmed for the series. Silk still remembers working on it as if it were yesterday. "We had 10 days to film the pilot, which was a luxury because we don't have that many days now to shoot an episode," jokes the actress. "The pilot is quite special to me. We filmed it about a year before we went to series, so if you watch it, we all look a little different. We're wearing less make-up and the tone of the show is somewhat darker. I still think it's one of our greatest episodes and I love the grittiness of it."

"When it comes to the actual filming, I think what stands out the most in my mind is probably the fight scene I did in the bathroom where the creature puts me in the tub. That was an entire day of shooting and the fight itself was really intense as well as fun. I thought, 'Wow, so this is what I'm in for — some pretty cool stuff.' It was just a fantastic experience overall. I also remember I spent my birthday shooting a nude scene, covered in fake blood and lying on top of Kris Holden-Ried [Dyson]. So that's another good memory from the pilot."

Born in Fredericton, New Brunswick, the actress is the daughter of Ilkay Silk, a prominent actor, director, producer, playwright and educator in Fredericton, so it is no surprise that she became interested in performing at a young age. She did, however, take a detour or two before seriously deciding to pursue an acting career.

"I went to an art college for a year after high school and it turned out I was pretty bad at that," laughs Silk. "From there I went to university. I have a psychology degree and loved learning, but it was during my time at university that I realized I really wanted to be an actor."

Prior to Lost Girl, Silk appeared in a number of made-for-TV movies as well as guest-starred on such series Mutant X, Missing, Angela's Eyes, 'Til Death Do Us Part and Ghost Whisperer. Of all her small screen roles, two remain especially memorable to the actress.

"I really loved the way that they wrote my character of Cassidy on (the TV show) Being Erica," she says. "She turned out to be a very popular character and I enjoyed the real relationship that they created between Erica (Erin Karpluk) and Cassidy.

"Honestly, I've been fortunate enough so far to do a number of really cool things as an actress, including Bo ... I love the fact that she resonates with so many people. Also, the Fae world is so vast. We have so much still to explore about it," enthuses Silk.

"It's funny, I was one of a very small group of people in the honours program throughout university, and we were all expected to go on and do masters and doctorates.

"When I finished the program, my advisor asked me what I was going to do next, and I said, 'I'm going to move to Toronto and pursue acting.' He was like, 'Good for you.'

"So that's what I ended up doing."

Being Bo

Anna Silk interprets her character in Bo as both sensitive and vulnerable.

- "Because I really made Bo my own in the audition process, the show's writers and producers responded to that and very much tailored the character to me, which is a total gift," she says. "What I responded to in Bo and what I identified with was her vulnerability, her sensitivity, her fear and having to be really strong and tough despite all of that."

2 SCENE

Box office

Brave wins over theatres

A new Disney princess has ascended to the box-office throne with a No. 1 debut for Pixar Animation's Brave. The latest from the makers of WALL-E, Finding Nemo and the Toy Story movies opened with $66.7 million domestically, according to studio estimates Sunday. The 20th Century Fox action tale Abraham Lincoln: Vampire Hunter opened far back at No. 3 with $16.5 million, behind Madagascar 3: Europe's Most Wanted. DreamWorks Animation's animated Madagascar sequel had been No. 1 for two weekends and added $20.2 million to raise its domestic total to $157.6 million. The weekend's other new wide release, Steve Carell and Keira Knightley's apocalyptic romance Seeking a Friend for the End of the World, misfired with just $3.8 million, debuting at No. 10. The Focus Features film, playing in much narrower release than other top-10 movies, stars Carell and Knightley as heartbroken neighbours on a road trip as a killer asteroid hurtles toward Earth. Woody Allen's Italian romance To Rome with Love pulled in huge audiences in limited release, debuting with $379,371 in five theatres.

THE ASSOCIATED PRESS

On the web

R&B singer Maxwell cancels short summer tour due to vocal cord edema and hemorrhage

The hips don't lie: is singer Shakira pregnant?

While Shakira has steadfastly denied reports that she and soccer player boyfriend Gerard Pique are expecting, her dad may have just blown her cover.

"Hopefully the news will be made official soon," William Mebarak said in an interview with La Prensa when asked about the singer's rumoured pregnancy.

Whether or not there's a grandkid on the way, Mebarak is at least pleased with his daughter's new man: "The happiness of our daughter is reflected in us too and we are very happy," he said. "(Pique) is a valuable young man."

Justin Bieber

Bieber, One Direction collaboration could be in the cards

Rather than start a rivalry with new teen pop sensation One Direction, Justin Bieber is apparently making friends.

"The One Direction guys are great. We have a lot of fun whenever we hang out. They came over to my house and we were just chilling out around the pool and listening to music," Bieber says in an interview with BBC Radio.

"We were talking about me collaborating with them on a song on their next album. It's gonna be great."

Lohan nixing stress with nicotine, sources say

Lindsay Lohan is reportedly smoking up a storm on the set of her Elizabeth Taylor biopic, according to Us Weekly.

"Literally every time she finishes a scene she lights up another cigarette," a source says. "You can hear the crew saying, 'That's cut — get a cigarette for Lindsay.'"

While stress is certainly a factor in Lohan's habit of inhaling two packs a day, she's also apparently trying to channel Taylor.

"In between takes, (Taylor) would sit on the director's chair puffing on her cigarettes," the source explains. "Lindsay has been working hard, but without the nicotine she probably could not make it through as she appears stressed at times and they do seem to calm her down."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Cee Lo's pet peeves

MONICA WEYMOUTH
scene@metronews.ca

Last season on The Voice, Cee Lo's sidekick, Purrfect the evil-faced cat, was quite the hit, lending the judge a funky Dr. Evil-meets-Lewis Carroll swagger.

But animal rights activists aren't so psyched for his new on-air companion, a Moluccan cockatoo named Lady.

"Moluccan cockatoos are beautiful, intelligent animals but they are very challenging to care for especially in the long term, and are prone to considerable welfare problems," Monica Engrebretson of advocacy organization Born Free tells TMZ, citing concerns that ill-prepared fans will buy the notoriously difficult pets. "Many Moluccan cockatoos develop self-destructive behaviour including feather plucking and self mutilation not known to occur in the wild."

Poor Lady! Reality TV is the most oppressive captivity known to man, and can cause feather-plucking among even marginally intelligent newspaper editors.

Cee Lo, if you want a colourful companion that speaks in near gibberish, we suggest an intern.

Johnny Depp ALL PHOTOS GETTY IMAGES

Does Johnny Depp have a new chick?

Hot on the heels of news of his split from Vanessa Paradis comes word that Johnny Depp is reportedly getting close to Rum Diary co-star Amber Heard, according to the Daily Mail.

Heard was reportedly spotted hopping on and off his private plane in Las Vegas while Depp was in town to promote Dark Shadows, and since then she's been a regular visitor to the New Mexico set of Depp's next film, The Lone Ranger. And on top of that, he reportedly bought her a horse so that they can go riding together.

Travolta faces new lawsuit

Author Robert Randolph — whose book You'll Never Spa in This Town Again recounts alleged incidents of John Travolta engaging in sexual acts with men at bathhouses — is now suing the actor and his legal team for spreading false claims about Randolph's mental health in order to diminish his credibility, according to TMZ.

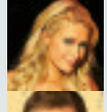
But Travolta's camp thinks that's crazy as well.

"The lawsuit filed by Robert Randolph is absurd. The suit is based on a privileged communication and it will promptly be thrown out by the court," Travolta's rep says in a statement.

"To evaluate the credibility of Robert Randolph and his ridiculous lawsuit, one need look no further than his own statements published on his website stating that he sustained 'permanent brain damage' and had to 'retrain' his brain."

Twitter

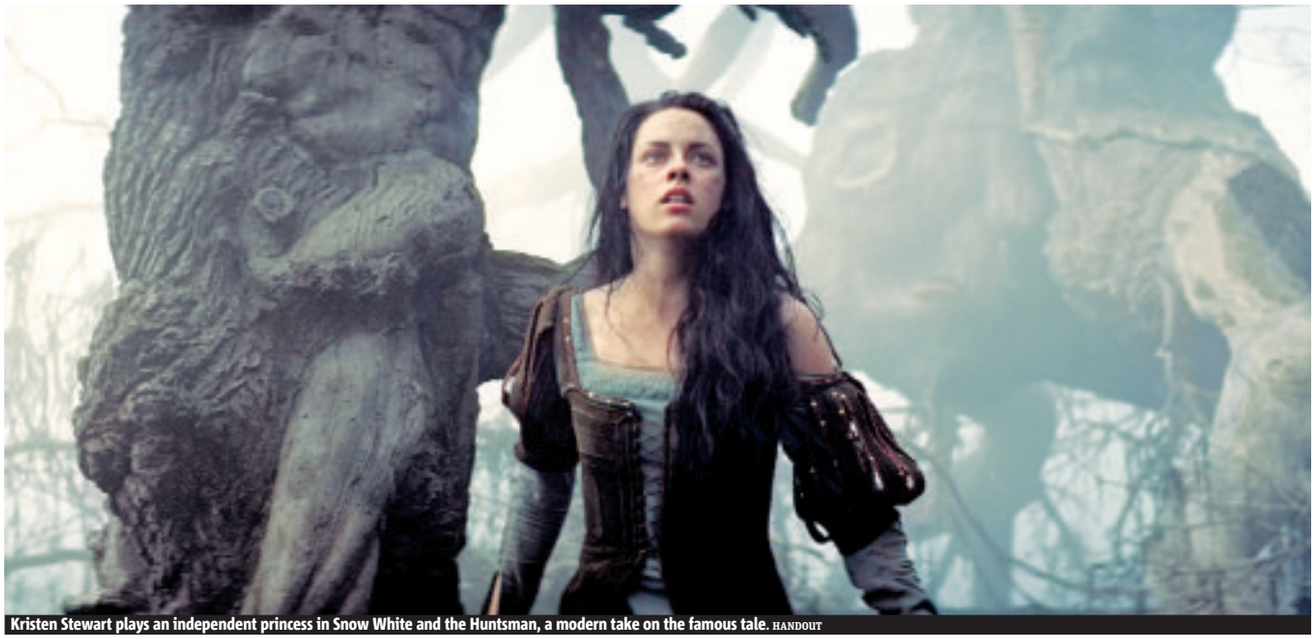
@ElizabethBanks
Thank you ladies for looking out. No matter how disgusting a public woman's restroom is, the men's room is ALWAYS worse.



@ParisHilton
A good life is when you assume nothing, do more, smile often, dream big, laugh a lot, & realize how blessed you are for what you have.

@alecbaldwin
If a paparazzi dies of a heart attack running in this heat, would I get blamed?

@SteveMartinToGo
I slugged two paparazzi today for not taking my photo.



Kristen Stewart plays an independent princess in Snow White and the Huntsman, a modern take on the famous tale. HANDOUT

Cinderella syndrome gets turned on its head

Modern makeover.
New movie princesses want more than a prince; they want independence

For modern movie princesses, looking pretty and marrying a prince aren't enough.

Take Mirror Mirror, where Snow White rescues her prince from an evil spell, or Snow White and the Huntsman, where she becomes the hunter who avenges her father, marries none of her suitors and confidently runs her kingdom alone.

Further upending the Cinderella syndrome at a theatre near you this weekend is Pixar's first-ever female protagonist, the feisty Scottish Princess Merida of Brave, who demands to forge her own independent future. She's also a far better shot than any of her would-be princes.

This new breed of big-screen princess not only reflects the independence — and athleticism — of young women today, but also Hollywood's increasing willingness to tell their stories.

The success of Bridesmaids, The Girl With the Dragon Tattoo and The Hunger Games showed us that audiences respond to well-drawn heroes, regardless of their gender, thus setting the stage for the classic literary convention of the princess to get a modern makeover.

Princess Merida, voiced by Kelly Macdonald, is the main character of the Disney/Pixar film Brave. HANDOUT

"It is time for a new paradigm," said Brave producer Katherine Sarafian. "We've got an opportunity to make more characters that are relatable to modern girls" and audiences at large.

These empowered young princesses point to a gradual undoing of the so-called Cinderella syndrome or Cinderella complex, a theory developed in the early 1980s that says that, like Cinderella, many women seek something external — such as a rich and handsome prince — to change their lives and harbour a deep desire for dependence.

"It's not enough for women in the 21st century just to sit around and wait and be pretty," said Karen Sternheimer, a professor of sociology at the University of Southern California.

"An empowered heroine encountering a challenge reflects the whole mythology of individualism. What's new is the means of achieving success. It used to be through beauty or marriage only. That hasn't gone away, but now it can also be through a skill or encountering a challenge that traditionally we've heard in stories about men."

In developing Princess Merida's story in Brave, Pixar writers and artists thought more about character than gender, Sarafian said. They considered Merida's motivations, her frustrations and what makes her brave.

"If you focus on her being a girl, it's easy to get stuck in the trappings and rules and what a princess movie dictates," the producer said. "We strip out gender, princess, fairy tale and just focus on character."

Merida, voiced by Kelly Macdonald, is a headstrong teenager in 12th century Scotland with a mane of fiery red curls and a temperament to match. Though her mother lovingly prepares her for her royal role, the young princess is more interested in sword fighting, archery and riding her horse through the forest. When she blatantly defies an ancient tradition, she jeopardizes the future of her family and the kingdom.

"The story is not about the circumstances surrounding her," Sarafian said. "She makes the core decision that throws things off. ... and it's not something else really saving her. Even though there is a little magic in the story, she is really the driving force."

And she does it all in a dress.

"Merida is not trying to pass herself off as anything other than a girl," the producer said. "She just wants to be her own person."

THE ASSOCIATED PRESS

A New Hope?

- Rupert Sanders, the director of Snow White and the Huntsman, which was released earlier this month, said the heroic journey of his princess (played by Kristen Stewart) makes her "almost the female Luke Skywalker."

3 LIFE

Women and work

Magazine piece strikes chord

A first-person lament by a former State Department official on Why Women Still Can't Have It All has attracted more visitors to The Atlantic magazine website in a 24-hour period than any magazine story the site has ever published. The piece by Anne-Marie Slaughter described her struggles balancing a high-powered career with raising her two sons. Clicks were "approaching 450,000 uniques," magazine spokeswoman Natalie Raabe said Friday, citing data from Omniture. The piece also had more than 75,000 Facebook recommendations, not counting the links posted on individual Facebook pages, where friends engaged in debate about work-life balance. "I knew this was going to resonate," said Slaughter in a phone interview, but "I did not expect it to go viral quite this fast."

THE ASSOCIATED PRESS

On the Web

Who needs a lab when you have a kitchen? New books aim to suss out the science of home cooking

Shake up your Cobb salad

This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

Sometimes you just have to mess with tradition.

The classic Cobb salad seemed like a fine place for it. This basic chopped salad generally consists of chicken, hard-boiled egg, avocado, tomato, bacon, blue cheese and greens. It's typically arranged on a plate in neat rows of ingredients to be mixed together by the diner.

We decided to mess it up. In the most literal way. We brought this composed salad right out to the grill, making it a perfect choice for a weekend barbecue.

We throw the bacon in a skillet on the grill alongside the turkey. We even fry the eggs on the grill, too. Because who wants to boil eggs in the heat of summer?

While we had the grill going, we charred up some scallions and tomatillos and blended them into a tangy herb vinaigrette. Once we had some smoky and tangy flavours, we countered them with creaminess of Gorgonzola and avocado. Serve it all on a bed of ice cold romaine. But not in pretty little rows. Pile it all on the plate and have at it.

1. Heat the grill to medium-high. Season the turkey strips with salt and pepper.

2. Using an oil-soaked paper towel held by tongs, oil the grill grates. Add the turkey and cook for 4 to 5 minutes per side, or until they reach 165 F. Set aside to cool slightly.

3. Meanwhile, set the scallions and tomatillos on the grill. Char the scallions for 3 minutes and the tomatillos for 3 minutes per side. Set aside to cool.

4. Place an oven-safe skillet on the grill. When the skillet is hot, add the bacon and cook until crisp. Transfer the bacon to paper towels to drain.

5. Discard most of the fat from the skillet, then return it to the grill. Crack the eggs into the skillet, keeping them from touching, and fry as desired.

6. In a blender, combine the charred scallions, tomatillos, red wine vinegar; thyme, sugar and olive oil. Blend until smooth. Season with salt and pepper.

7. On each of 4 serving plates, place half a romaine heart. Pile on turkey tenders and avocado slices. Drizzle the vinaigrette over everything. Add slices of bacon, an egg, crumbled Gorgonzola and sliced tomato to each serving.

ALISON LADMAN/THE ASSOCIATED PRESS

Ingredients

Start to finish: 1 hour

- 1 pound turkey tenderloin, cut into long strips
- Salt and ground black pepper
- 4 scallions
- 4 tomatillos, husks removed, halved
- 8 strips of bacon
- 4 eggs
- 1/4 cup red wine vinegar
- 1 tablespoon chopped fresh thyme
- 1 teaspoon sugar
- 2 tablespoons olive oil
- 2 romaine lettuce hearts, halved lengthwise
- 2 avocados, peeled, pitted and sliced
- 1/4 cup crumbled Gorgonzola cheese
- 1 tomato sliced

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com

While places like Boston Pizza offer fun pasta variations, some of them contain mega amounts of sodium, calories and fat.

Boston Pizza Baked Chipotle Bacon Penne

1430 cal / 88 gm fat / 2740 mg sodium

The Alfredo sauce, excess cheese and bacon is what gives you a day's worth of calories, fat and two days' worth of sodium. Heart attack on a plate?

Equivalent

Equivalent to 9 penne bolognese from Pizza Pizza in fat .

Boston Pizza Homestyle Lasagna

930 cal / 30 gm fat / 2280 mg sodium

The meat sauce and cheese in this traditional lasagna is a healthier option, but still high in sodium

A chicken salad that's light, tangy and perfect for summer

Like many summer favourites, chicken salad has all the makings of a refreshing, light meal... except for all that mayonnaise.

An easy way to lighten it up is to switch it out for our favourite creamy substitute, non-fat plain Greek yogurt. We also opted to grill the chicken, an easy way to pump up the flavour while adding virtually no fat.

For this recipe, we freshened up our salad by adding some berbere, an Ethiopian spice blend that can feature any number of seasonings, but often includes ginger, cardamom, garlic, cumin and chilies. If you can't find it or you prefer something a little more tame, switch it out for another spice blend, such as curry powder or Italian seasoning.

For even more flavour and some textural contrast, we added chopped Peppadew peppers. You usually can find these alongside the olives at the grocer. Cherry peppers also would work. After some chopped fennel bulb, a handful of toasted almonds and some grapes, we were finished.

We like to serve this salad stuffed in whole-wheat pita pockets with salad greens, but you also could spoon it over a bed of greens for a hearty salad.

1. Heat the grill to medium-high.

2. Place the chicken breasts between sheets of plastic wrap. Using a meat mallet or rolling pin, pound the meat to an even 1/2 inch thickness. Season with salt and black pepper.

3. Soak a crumpled paper towel with the oil. Clasping the paper towel with tongs, oil the grates of the grill. Grill the chicken breasts for 4 minutes per side, or until the chicken is cooked through and reaches 165 F. Set aside to cool, then cut into small chunks.

4. In a large bowl, combine the berbere with the yogurt, Peppadew peppers, fennel, grapes, almonds and the cooled chopped chicken. Mix well, then season with salt and pepper.

5. Fill each pita pocket with a quarter of the salad greens, then spoon some of the chicken salad into it.

ALISON LADMAN/THE ASSOCIATED PRESS

Ingredients

Start to finish: 45 minutes

- 1 pound boneless, skinless chicken breasts
- Salt and ground black pepper
- Canola or vegetable oil
- 1 to 2 teaspoons berbere seasoning
- 5.3 ounce container nonfat plain Greek yogurt
- 1/2 cup chopped Peppadew peppers
- 1/2 bulb fresh fennel, trimmed and diced
- 1 cup red grapes, halved
- 1/4 cup slivered, toasted almonds
- 4 small whole-grain pita pockets
- 2 cups salad greens

This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

Berry-licious. Chicken and strawberry salad topped with berry-yogurt dressing

This recipe serves four. THE CANADIAN PRESS/HANDOUT

This lean but satisfying salad uses local ingredients and is topped with a yogurt and strawberry dressing.

1. Place chicken on greased grill over medium-high heat; close lid and grill, turning once, until no longer pink inside, 12 to 15 minutes. Let rest for 5 minutes.

2. On each of 4 large salad plates, place 500 ml (2 cups) of the salad greens, 125 ml (1/2 cup) of the strawberries, 50 ml (1/4 cup) of the peas and 30 ml (2 tbsp) of the green onions.

3. Slice chicken breasts diagonally and place over salad. Drizzle with dressing.

Dressing: In a food processor, combine strawberries, yogurt, honey and vinegar; process until smooth, scraping down sides. Cover and refrigerate until using. THE CANADIAN PRESS/FOODLAND ONTARIO

Ingredients

- 4 boneless, skinless chicken breasts (each 175 g/6 oz)
- 8 cups mixed salad greens (romaine, red and green leaf lettuce, spinach, arugula)
- 2 cups local strawberries
- 1 cup fresh shelled peas, cooked
- 1/2 cup chopped green onions or chives

Dressing:

- 3/4 cup sliced local strawberries
- 1/2 cup non-fat plain yogurt
- 2 tablespoons liquid honey
- 5 teaspoons white or red balsamic vinegar

Driving smarter, better and cleaner

Fuel efficiency.
How Canadians are travelling further with a few simple changes to their driving routine

BEN KNIGHT
green@metronews.ca

You can spend less time filling up at the pumps, with a few simple changes to your routine. ISTOCK

Halifax to Vancouver, 6,339 km, on less than five tanks of gas.

That's the record-setting result of Shell Canada's Smarter Driver Challenge, where a team of drivers spent last week making the most fuel-efficient cross-continent drive on record.

"Saving fuel saves you money, saves you stress, and is a safer way to drive," says Lindsey McAndrews, a communications rep for Shell.

"Fuel efficiency is now the number-one concern of Canadian car-buyers. It's what people go into dealerships and ask for the most."

The drive was the brainchild of John and Helen Taylor, who have earned a global reputation as the world's most fuel-efficient couple. After arriving In Vancouver on Friday, they now hold 93 different world records for covering more distance on less gas.

The Taylor's team of drivers included Alex Debogorski of TV's Ice Road Truckers and officials from such environmental watchdogs as Pollution Probe and the Pembina Institute.

Driving a well-tuned 2012 Volkswagen Passat, they needed only 5.59 litres of regular gas to cover each 100 km. The total fuel bill, Atlantic to Pacific? Just $453.

There was no special equipment involved. Just good maintenance, and a few canny driving tips.

"Don't speed," McAndrews says. "You lose 22 per cent of your fuel economy between 100 and 110 km/hour. Use really steady, gentle pressure on the gas pedal. Leave a nice space cushion between yourself and the car in front of you, so it's safer driving."

Leaving space in front means you don't have to use your brakes nearly as often. And that leads to significant fuel savings, as well.

"With almost no practice, the average person can see a 10-per-cent improvement in their fuel efficiency, just by being conscious of not being a lead-foot. That means you're saving at least 12 cents a litre."

There are other, more subtle benefits as well.

"You're never stressed out," McAndrews notes. "You know where you're going, and you're calm. You're not flooring the gas on every stop light. You're not riding people's bumpers."

And now that the record's been set?

"Once someone sets a record, people want to break it," she concludes.

And no one can do that, without driving smarter, better and cleaner.

By the numbers

22%

The significant loss in fuel efficiency when you accelerate from 100 to 110 kilometers per hour.

Queen of Green

Don't sleep on these tips

QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

Where can I recycle my mattress? Melissa of Toronto

This is not the way to recycle your mattress. ISTOCK

Old mattresses have been dumped in city landfills for years. Yet all of the materials in them are recyclable. Today, few cities offer recycling options but it's still worth searching for a municipal program, a private recycler, or asking retailers.

In the greater Toronto area, check out RecoverCanada.com. They accept mattresses, box springs, and upholstered furniture for pickup or at drop-off depots — both have a fee. About 90 per cent of the materials can be diverted from the waste stream.

Across Canada, Sleep Country stores will donate any mattress in good condition to a local charity, or they'll have it recycled. Ask about the "green" fee for this service. And, before you purchase any new mattress, always ask the retailer — no matter how big or small — if they'll recycle your old one.

Recently the City of Vancouver passed a bylaw prohibiting mattresses from being sent to landfills. Canadian MattressRecycling.com opened in Metro in January, 2011. They offer weekly residential pickup programs in Vancouver, Burnaby, Richmond, Surrey, Delta, Langley, the North Shore, and the Tri-Cities area.

Another option in Western Canada — from Victoria to Edmonton — is MattressRecycling.ca. Check their website for drop-off locations or pick-up pricing on mattresses, headboards, and couches.

In the Ottawa area, check out MattressMart.ca. They work with Montreal-based recycler MattCanada.com who'll pick up your old mattress set and ship it to their factory. Each piece costs $70, but if you're a customer it's only $10. Montrealers can also recycle box springs, mattresses, couches/arm chairs and clothing, among other things, for a fee.

If you live in Halifax or Winnipeg, unfortunately, neither city has mattress recycling programs.

There's no 'I' in TeamBuy: budding biz making millions

Company can-do. 25-year-old mogul an inspiration to young entrepreneurs

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

When Edward Yao's older sister graduated from Yale and went on to become a lawyer, he thought about his future.

"I wanted to be the bread winner for the family that they could rely on and be proud of. The only way to surpass her was if I started my own company."

It was on a trip to China with his mom that he found his inspiration. A crowd of people were lining up at a TV store.

"I was told it was 'Tuangou' which is Mandarin for team buying. You get people together to get a discount and it's a big thing in China."

He convinced childhood friend Andrew Hutchings to become his partner and they went to work creating TeamBuy.

Driven to succeed

"I wanted to be the bread winner for the family that they could rely on and be proud of. The only way to surpass her was if I started my own company."

Edward Yao on being inspired by his sister's success

"Today we're operational coast to coast," says the now 25-year-old.

"From baby supplies to travel, you name it, we have it. Our run rates exceed 30 million dollars annually. We have just over 100 people and we are happier than ever."

Edward, his sister, Mom and Dad have a lot to smile about these days.

"My family is extremely proud."

For Edward Yao, that's the biggest accomplishment of all.

You're the boss

Remember these start-up tips

- Entrepreneurship is risk taking. You have to be ready to accept the highs and lows.
- No matter how good the idea is, don't assume it will grow on its own. It takes hard work.
- Investors aren't stupid and they're not going to give you money to burn. They're there to make money. It's a relationship that is give and take and they won't take all the risk.
- Don't do anything illegal. There will be times that you're tempted because it's the easier way but it's never the right move.
- Life's not easy but if you work hard that's when you maximize your chances for success.

Visit: teambuy.com

Edward Yao, TeamBuy president and co-founder and 2012 ACCE (Association of Chinese Canadian Entrepreneurs) award-winner for best start up. PROVIDED

College tri: educators debate semester timing

Should class be in a flash? Or studies be slow and steady?

BRUCE WALSH
Metro World News in Philadelphia

What type of class calendar would you prefer? ISTOCK

In defence of the trimester ...

Stuart J. Lipper is the dean of the graduate school of business administration at Fordham University in New York City.

How did Fordham arrive at a trimester system?
The MBA has always been the largest master's program at Fordham, and it was largely a part-time program. We wanted to make it as flexible as possible for people that had to work. But we're not keeping it because 'this is the way it's always been done.' Current students like the flexibility.

What are the drawbacks?
It makes the jobs of administrators a bit crazy. It can be hectic for students, too: Sometimes the semester ends on Friday and the new one starts on Monday. There's not a lot of downtime.

But you also complete the degree faster.
That's the ultimate goal. Full-time students can usually go through a program reasonably quickly. But in this program, part-time students can finish in three years.

In defence of the semester ...

Kate Lehman is the assistant dean for student success at Otterbein University in Westerville, Ohio.

How did Otterbein University arrive at a semester system?
We just switched from trimesters to semesters. We are placing an emphasis on experiential education — learning through real-world situations. Our faculty felt that semesters were better suited to this due to the extended time in a term.

What are the drawbacks?
Some students like a shorter term so they can experience more topics over time. The sheer number of classes is fewer when you have fewer terms.

Do trimesters work better for grad students, because they are typically more interested in finishing sooner?
Grad students take more summer courses than undergrads, and some of that is regardless of the calendar you're operating under. But, yes, graduate students are more interested in going to school year-round.

LPGA

Lang captures first victory in a playoff

Brittany Lang's first LPGA victory came in dramatic fashion on Sunday. The American sank a six-foot putt on the third playoff hole to beat South Korean Hee Kyung Seo by a stroke at the inaugural Manulife Financial LPGA Classic.

The 26-year-old Texan actually had a chance to win the tournament on the 18th hole, but pushed a two-foot putt to the left, setting up a four-way playoff with Seo and fellow South Koreans Inbee Park and Chella Choi, both of whom finished at 16-under par.

THE CANADIAN PRESS

Brittany Lang THE CANADIAN PRESS

Tennis

Raonic feeling more comfortable on grass surface

Milos Raonic is doing all he can to prepare for the Wimbledon grass that he injured himself on last year.

The Thornhill, Ont., native had an abrupt end to his Wimbledon campaign when he slipped early in his second-round match and had to retire with a painful right hip injury.

This year, Raonic said only the rain has given him pause as he prepares for his first match Tuesday against No. 45 Santiago Giraldo of Colombia.

THE CANADIAN PRESS

Gianluigi Buffon of Italy saves a penalty taken by Ashley Cole of England during the Euro 2012 quarter-final Sunday in Kiev, Ukraine. LAURENCE GRIFFITHS/GETTY IMAGES

Italy claims the spoils on penalties

Euro 2012. Another penalty shootout loss for England at a major tournament

After two hours of clever, often dominating but in the end fruitless play, Italy found the answer against England.

Penalty kicks.

Alessandro Diamanti scored the decisive kick Sunday to send Italy through to the European Championship semifinals with a 4-2 win in the shootout following a 0-0 tie with England.

Italy will next play Germany in the semifinals on Thursday in Warsaw, Poland. Defending champion Spain plays Portugal on Wednesday in Donetsk, Ukraine.

"We deserved this victory," Diamanti said. "The penalties rewarded our dominance during the match. It's only fair, we played a great match and battled from the first to the last minute."

But not until penalties by Mario Balotelli, Andrea Pirlo — with an audacious slow chip-shot down the middle of the goal — and Antonio Nocerino did the Azzurri find the net. Steven Gerrard and Wayne Rooney scored England's penalties.

The difference: Ashley Young hit the crossbar with England's third, and Ashley Cole's attempt was saved by Gianluigi Buffon.

For England, it was yet another exit from a major tournament in the quarter-finals after a penalty shootout. England lost to Portugal in the same manner at Euro 2004 and the 2006 World Cup.

England briefly led the shootout after Riccardo Montolivo missed Italy's second penalty. His shot went wide of Joe Hart's right post as the England goalkeeper guessed correctly.

The momentum shifted after Pirlo's bold piece of skill levelled it 2-2.

"I just saw that the goalkeeper was moving a bit earlier so I decided to play it the other way," Pirlo said. "It just comes to you at that moment and it went well." THE ASSOCIATED PRESS

England's curse

It was the same old penalties heartache for England. This time, though, there was no hard-luck story to accompany the loss.

- Defeat to Italy in the European Championship quarter-finals made it six losses in seven tournament shootouts.
- England coach Roy Hodgson said: "We weren't quite good enough to win it over 120 minutes. Penalties is the same road we have been down before."

Djokovic ready to defend Wimbledon title

Novak Djokovic speaks at a press conference at Wimbledon, England, Sunday. NEIL TINGLE/THE ASSOCIATED PRESS/ AELTC

The question drew a chuckle from Novak Djokovic.

Could the prestigious Grand Slam tournament Wimbledon, officially called simply The Championships, be thought of as a dress rehearsal this year?

After all, the tennis portion of the London Olympics will be held on the same grass courts at the All England Club, starting July 28, three weeks following the end of Wimbledon.

"I don't believe that Wimbledon can be rehearsal for anything," Djokovic said Sunday, gently tapping his fingers on the desk in front of him. "It's (the) most respected, most well-known, most valuable tennis tournament in the world.

Quoted

"As a tennis player, you get to play Grand Slams, which you get to play every other week, it seems. You don't think about the Olympics. It's just an added bonus."

Tennis player Serena Williams

This is, in my opinion, the pinnacle of our sport. Of course, Olympic Games are something (beyond) comparison with any other tournaments."

OK, so forget the notion of Wimbledon-as-tuneup. Still, the No. 1-ranked Djokovic and others are excited about the prospect of playing at their sport's most hallowed ground for more than one prize this season.

"It is very emotional, because it is not just you who matters there, it's the whole nation," said Djokovic, who will carry Serbia's flag at the opening ceremony next month.

Djokovic begins the defence of his Wimbledon title — and, um, Olympic preparations — on Monday, playing the first match on Centre Court, an honour given the previous year's male champion.

THE ASSOCIATED PRESS

4 SPORTS

Golf

"To be honest, I wasn't that nervous. I think with something like what's happened to my family and me the last four weeks, nothing really seems that difficult anymore."

England's Melissa Reid, who won the Prague Golf Masters in Czech Republic on Sunday, four weeks after her mother was killed in a car accident in Germany.

"It will make me fight and nothing will seem as bad as what I've been through, so yeah, I actually felt very calm and I knew I was going to hole the putt on 18."

Melissa Reid
THE ASSOCIATED PRESS

On the web

Spain has varied tactics at Euro 2012, fielding either a six-man midfield or a lone striker, in part as a way to trip up opponents. Some teams have tried to adjust their tactics to cope with the Spaniards, but not so for the Portuguese. Scan the code to find out how Portugal plans to win its semifinal on Wednesday.

Canada's women's basketball team two wins away from London

Olympic qualifying. National team looking to clinch berth at forthcoming Olympics after being denied in 2004 and 2008

Canada's veteran women's basketball coach would love nothing more than to lead a team out onto the court on sport's greatest stage.

But when Allison McNeill was asked recently what an appearance in the London Olympics would mean to her, she was quick to say that the Games are virtually nothing about her and everything about her players.

"The longer you coach and the more you're around and you see how hard they work, it's not as important to me as it is for them to go," McNeill said. "I want them to go so badly."

The Canadian women open the FIBA Olympic qualifying tournament Monday in Ankara, Turkey, in their quest for their first Olympic berth since the 2000 Sydney Games.

Teresa Gabriele of Mission, B.C., is the only holdover from Canada's Sydney squad that finished 10th. Kim Smith of Mission and Chelsea Aubry of Kitchener, Ont., both made their national team debuts a year later. All three endured the heartbreak of failing to qualify for the 2004 and 2008 Games.

"For someone like Teresa and Chelsea and Kim, they've been to two world championships, they stuck through some games where we were just getting hammered, and they've trained so hard and they sort of set the tone of how we would be professional," McNeill said.

Quoted

"These are going to be the biggest games of my career, so there's definitely nerves."

Kim Smith of Mission, B.C.

Canada must finish top-five to earn a spot in London, and is the fourth-ranked team in the tournament. The Canadians face 19th-ranked Mali on Monday, then No. 8 France on Tuesday, and need only to finish top-two to make the quarter-finals. The quarter-final winners earn an Olympic berth, and the quarter-final losers play off for a fifth spot.

Thus, two victories would secure Canada a ticket to London. **THE CANADIAN PRESS**

Team efforts

- Canada's men's team, which also hasn't made an Olympic appearance since 2000, didn't qualify for the last-chance event.
- Canada's only team to qualify for London is women's soccer.

Strait of Dover leads from the wire to capture possibly the final Queen's Plate

Jockey Justin Stein on Strait of Dover crosses the finishing line in front of jockey Alex O. Solis on Irish Mission to win the running of the 153rd Queen's plate at Woodbine Racetrack in Toronto on Sunday. Stein, a native of New Westminster, B.C., took Strait of Dover to the lead from the start, then cruised to a 1 1/4-length victory in the $1-million race. On Thursday, Nick Eaves, the president and chief operating officer of Woodbine Entertainment Group, announced this year's race could be the last if the Ontario government doesn't change its plan to scrap a slot machine revenue-sharing program at provincial tracks. AARON VINCENT ELKAIM/THE CANADIAN PRESS

F1. Spaniard Alonso wins European Grand Prix in front of home fans

Fernando Alonso of Ferrari won an incident-filled European Grand Prix on Sunday to become the first driver to win two races this season, while Michael Schumacher earned a first podium finish since his comeback by coming third.

The Spaniard jousted his way up from 11th on the starting grid to claim an emotional victory in front of his home fans. **THE ASSOCIATED PRESS**

Fernando Alonso
MARK THOMPSON/GETTY IMAGES

Collective bargaining. NHLPA to discuss policies ahead of negotiations

The collective bargaining posturing is beginning and the prospect of an NHL lockout is looming.

More than 50 NHL players — player reps and alternates — are expected to descend upon Chicago from Monday to Wednesday to sort out NHL Players' Association issues and positions in advance of collective bargaining talks that are to begin "imminently," according to both sides.

Quoted

"We hope it will be quick, quiet and painless."

NHL commissioner Gary Bettman
referring to upcoming CBA negotiations

The current CBA expires Sept. 15. **TORSTAR NEWS SERVICE**

CFL. Defensive back Frazier among final cuts made by Roughriders

The Saskatchewan Roughriders released veteran defensive back Lance Frazier as the final cuts were made at training camp.

The 31-year-old was one of 22 Riders released Sunday.

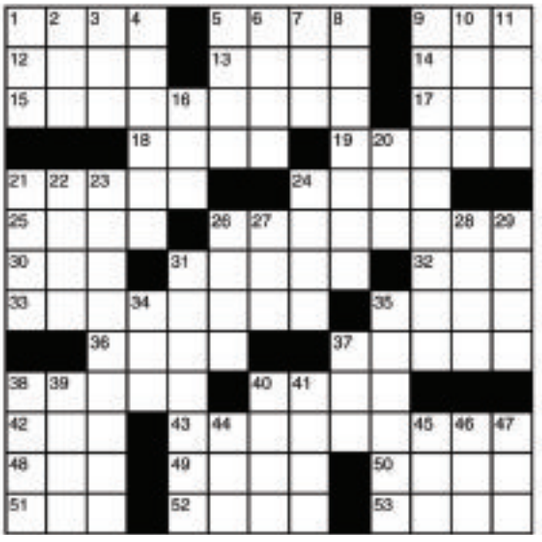
Frazier spent all six of his CFL seasons in Saskatchewan and was a regular in the team's defence after a breakout year in 2008.

The five-foot-10, 192-pound West Virginia product had 159 tackles, one sack, 15 interceptions, one touchdown and four fumble recoveries with the Riders.

Last season Frazier, who was named a West Division all-star in 2009, failed to register an interception for the first time since his rookie season. **THE CANADIAN PRESS**

Across
1 Variety of nail
5 Mop the decks
9 Paving goo
12 "Othello" villain
13 — Major
14 Colouration
15 Shrink, maybe
17 Historic time
18 Atomizer output
19 Early feeding time
21 Change
24 Scoff
25 Comedian Jay
26 Suitor's task
30 Eisenhower
31 Stocks and —
32 Menagerie
33 Mess
35 Alpha follower
36 Related (to)
37 West Point student
38 Crouch
40 Lummox
42 "— Town"
43 Quarterback employed by ESPN
48 Actress Lucy
49 Lounge about
50 Vicinity
51 Harvest goddess
52 Congers, e.g.
53 Mr. Gingrich

Down
1 Morsel
2 "Go, team!"
3 Time of your life?
4 Window in a roof
5 Dines
6 Legal document
7 Ninny
8 They're up for the game
9 Speculated
10 Emanation
11 Paper quantity
16 Melody
20 Damp
21 Surrounded by
22 Mischievous deity
23 Roget's compilation
24 Punch's partner
26 Maize
27 — shoestring
28 Memo
29 Capricorn
31 Easily crumbled
34 Alias abbr.
35 Pub worker
37 Lettuce type
38 How Lindy flew
39 Witticism
40 Telephone inventor
41 Rembrandt's output
44 Weeding implement
45 Exist
46 Fresh
47 Singer Cole



7	5		4				2	6
6	3		8		5	9		
		8			7			1
8						3	4	
2			5		1			8
	7	5						2
5			3			6		
		6	1		4		8	7
1	2				8		5	3

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku

Friday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

J V W L K H K L ' T L W K P Z N
B Y A A H W G V K M Y B W P T K Z Z
H D T T W G D F . N A D H M B V P
T K N V W ' T L A J G W - F K Y P W G .

Yesterday's Cryptoquip: IF I MAKE AN ERROR ABOUT THE KIND OF BLOOD SOMEBODY HAS, I RECKON IT COULD BE A TYPE-O TYPO.

Today's Cryptoquip Clue: V equals H

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. You may be full of confidence right now but watch out you don't take too much for granted.

Taurus | April 21 - May 21. You will gain a lot more respect over the next few days if you deal with those who disagree with you quickly and with a touch of ruthlessness.

Gemini | May 22 - June 20. You may be tempted to cut corners and hope no one notices but the planets warn they will — and your reputation will quickly head south.

Cancer | June 21 - July 22. According to the planets you have allowed your standards to slip in recent months, but Saturn, the great taskmaster of the zodiac, will in some way force you to up your game.

Leo | July 23 - Aug. 22. You are thinking too hard about a problem that is quite simple in nature.

Virgo | Aug. 23 - Sept. 22. For some reason you've got it into your head that someone you have to deal with on a day-to-day basis is not to be trusted.

Libra | Sept. 23 - Oct. 22. Saturn turns direct in your birth sign today, which means you will no longer be able to kid yourself that everything in your garden is rosy.

Scorpio | Oct. 23 - Nov. 21. Whatever you say there always seems to be someone who chooses to disagree with you. It's annoying but you must not let it get to you

Sagittarius | Nov. 22 - Dec. 21. Are you expecting too much of yourself? Maybe, but it's better than expecting too little.

Capricorn | Dec. 22 - Jan 20. Each and every person is born with a special talent. Do you know what yours is? If not this is the perfect time to find out.

Aquarius | Jan. 21 - Feb 18. The situation you find yourself in today may be difficult but you won't make it any easier by allowing your emotions to take control. Use your head and you will get through okay. You may be one of the few who do.

Pisces | Feb. 19 - March 20. For too long you have believed that your options are limited and that there is only so much you can accomplish. Today's events will encourage you to believe the opposite: that there is nothing in this world that is beyond you.

SALLY BROMPTON

Caption Contest

"I see Lady Gaga is working her sunny side up egg look."
Joseph

ALASTAIR GRANT/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

Sharability

easy hard

SAHEL FOOD CRISIS
URGENT HELP NEEDED

HUMANITARIAN COALITION members are on the ground providing immediate relief to suffering children and their families.

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